

ABSTRACT OF THE DISCLOSURE

A method for providing seasonings for box lunches, the method having the steps of: preparing a resin lunch box which is composed of a body and a lid; putting some kinds of seasonings in a plurality of recesses which are formed on the ceiling of the lid; and thermally welding a top sealing film to cover the recesses. The seasonings are selected depending on the kinds of food to be contained in the body. A computer system may be used so that the seasonings to be put in the recesses can be selected automatically and that the selected seasonings can be put automatically. In this case, depending on the kind of box lunches, such as lunches for old people, lunches for hypertension patients, lunches for liver disease patients, etc., proper seasonings are selected so that each of the box lunches will contain proper salt, calorie, etc.